



MENTAL HEALTH SUPPORT TEAM

Information for young people

The Mental Health Support Team (MHST) is a service to support young people in achieving good mental wellbeing.

HOW CAN WE HELP?

- We will talk to you and your parent or carer about what you are finding difficult
- We might work with you directly or with your parent to help you feel better
- We might put you or your parent in touch with other professionals who can support you.

HOW CAN I GET HELP?

Talk to your teacher or parent about making a MHST referral for you or use our online referral form yourself. The form can be found at: www.brighterfuturesforchildren.org/MHST

If you have been referred to us we will contact you or your parents to discuss the difficulties you are experiencing and look at what you would like to change.

We offer: one-to-one or group support at your school; support over the telephone or online via Microsoft Teams.

WHAT CAN WE HELP WITH?

We work with young people directly or with schools to help improve resilience, problem-solve difficulties and develop coping strategies to support mental health.

1. Anxiety/Worry

Anxiety is a word we use to describe feelings of worry, fear and panic.

As well as emotional feelings, you might:

- Experience physical (body) sensations such as a racing heart, breathing fast, sweaty hands, dry mouth and feeling shaky
- Have “what if” or negative thoughts pop into your head

It's normal to feel anxious when in a dangerous situation but it can become a problem if you feel worried all the time, or if these feelings begin to get in the way of doing things you enjoy, this can be a sign that you may need some extra support.

The good news is that we have tools to support you and help you feel better.

MHST can offer:

- **Worry management** - strategies to help you relax in anxious situations
- **Graded exposure** - A plan towards facing your worries
- **Support with exam stress**

This might be in a group or 1:1.

2. Low mood

Feeling sad sometimes is normal, but when that sadness still won't go away after two weeks, you may need a little extra support.

It can:

- impact on the way we feel, think and behave
- happen as a reaction to difficult experiences such as bullying or family relationship difficulties
- sometimes happen without any obvious reason.

What it's like:

- you could feel a range of emotions including sadness, stress, hopelessness, loneliness, anger or emptiness
- you may often have negative thoughts about yourself, other people, the future or life in general
- it can be hard to carry out usual routines and tasks including self-care.

The good news is that we have tools to support you and help you feel better.

The MHST operates 9am to 5pm Monday to Friday.

- For urgent mental health concerns, where no medical treatment is required, contact **NHS111**, available 24 hours a day, 7 days a week.
- **Go to A&E if a person requires urgent life-threatening emergency medical attention** e.g. they have recently overdosed, ingested harmful liquids or cut themselves significantly, with deep cuts, or burns that are blistering/red or they have lost consciousness.

Or you could contact:

- **Samaritans** www.samaritans.org or phone: **116123**
- **Childline** www.childline.org.uk **0800 1111** or text 'shout' to **85258**

www.brighterfuturesforchildren.org

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